



## Alcoa City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in Alcoa City Schools.

### CSH Infrastructure Established

An infrastructure for CSH has been developed for Alcoa City Schools that includes:

- A School Health Advisory Committee
- Three Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$419,258.35

Community partnerships have been formed to address school health issues. Current partners include:

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| <ul style="list-style-type: none"> <li>➤ Alcoa City Schools' (ACS)</li> <li>➤ Healthier Alcoa Schools' Nutrition Committee</li> <li>➤ ACS' Healthy School Teams</li> <li>➤ ACS' Safety Committee</li> <li>➤ ACS' School Coordinating Council</li> <li>➤ Ad Council</li> <li>➤ Alcoa City Family Resource Center</li> <li>➤ Alcoa City Fire Department</li> <li>➤ Alcoa City Police Department</li> <li>➤ Alcoa City Schools Education Foundation</li> <li>➤ Alcoa City Schools'(ACS) Cafeteria Committee</li> <li>➤ Alcoa, Inc.</li> <li>➤ Allergy, Asthma, and Sinus Center</li> <li>➤ American Heart Association</li> </ul> | <ul style="list-style-type: none"> <li>➤ American Red Cross</li> <li>➤ Big Brothers and Big Sisters Program</li> <li>➤ Blount County 9-1-1 Dispatch</li> <li>➤ Blount County Community Health Initiative—Blount County's Health Council</li> <li>➤ Blount County Health Department</li> <li>➤ Blount County Health Initiative Subcommittee: Mental Health Awareness and Suicide Prevention Alliance—Health Initiative Subcommittee</li> <li>➤ Blount County Health Initiative Subcommittee: Substance Abuse Prevention Team—Health Initiative Subcommittee</li> </ul> |
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- Blount County Health Initiative Subcommittee: Teen Pregnancy Prevention Team—Health Initiative Subcommittee
- Blount County Health Initiative Subcommittee: Blount Benefits—health and wellness based Health Initiative Subcommittee
- Blount County Schools
- Blount Memorial Hospital—Business Health
- Blount Memorial Hospital—CONCERN
- Blount Memorial Hospital—Foundation and Community Outreach
- Blount Memorial Wellness Center
- Blount Today
- Chick-fil-A
- Children's Hospital—SafeKids
- Cornerstone of Recovery
- Covenant Health Knoxville Marathon
- CoverKids
- East Tennessee Quality Alliance
- East TN Medical Group
- East TN Regional Health Department
- East TN Worksite Wellness Roundtable
- East TN Worksite Wellness Roundtable—regional wellness committee
- Texas Roadhouse
- The Daily Times
- TN National Guard Counterdrug Division
- TNCEP Coalition Committee
- UT Culinary Institute
- UT Extension/TNCEP Coalition
- UT Nutrition Department
- Volunteer State Health Plan
- Wal-mart
- Weight Watchers
- Elizabeth Strawbridge, RD, LDN--dietitian
- Family Resource Centers: Blount and Maryville
- Food City
- Haven House
- Knoxville Academy of Medicine
- Knoxville Area Coalition on Childhood Obesity
- Knoxville Metropolitan Drug Commission
- Knoxville Track Club
- Kroger Company
- Ladies Total Fitness
- Let's Talk 101— Family Life Curriculum
- Lifeline Counseling
- Lion's Club
- Mane Support Counseling
- Maryville City Schools—CSH
- Maryville College
- Maryville, Alcoa, Blount County Parks and Rec
- Mental Health Association of East TN
- Mountain Challenge
- National Fitness Center
- Olympia Fitness Club
- Regions Bank
- SafeKids of the Greater Knox Area
- Salon Azzure
- Second Harvest Food Bank
- Socle Medical Spa
- Subway Restaurants
- Suntrust Bank
- TennderCare

## Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including planning, organizing, and participating in the annual *Springbrook Sprint*, School Health Advisory Council, health screenings, Walk-a-thons, field day, and Ag Day festivities. Currently, 233 parents are collaborating with CSH.

Students have been engaged in CSH activities that include school-wide health campaigns, serving on Healthy School Teams, representing the high school on our Blount County's Health Initiative Substance Abuse Prevention subcommittee, prom and graduation campaign, and recycling. Approximately 373 students are partnering with CSH to address school health issues.

## School Health Interventions

Since CSH has been active in Alcoa City Schools the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – total 743;

Students that have been seen by a school nurse and returned to class – total 2,100;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Please note the chart below. The two school years 2007-08 and 2009-10 are the same sample group of children in which there was a decrease in overweight and obese students.

School Year	# Students	Overweight %	Obese %
2007-08	658	43%	25%
2008-09	724	37%	22%
2009-10	717	38%	21%
2010-11	648	44%	25%

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Dance, Dance revolution, a climbing wall, updated physical activity equipment, health-related curricula for classrooms, and health education DVD series;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: suicide prevention education, cyber-bullying education, nutrition/wellness educational materials. In addition, staff has attended annual TAHPERD conferences, grief and trauma counseling, as well as other counseling-focused seminars and trainings;

School faculty and staff have received support for their own well-being through our community-incentivized staff wellness program entitled, *Move it Lose it Get Healthy!*, break-room healthy snacks (fresh fruits, vegetables, and water), on-site monthly messages, a monthly staff

newsletter featuring health tips, recipes, and a community calendar with local and regional physical activities for our staff and/or their families.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model in grades 7-9; a health education DVD library for teachers to use during class; various community speakers on mental health issues such as depression and “cutting”, family life issues, nutrition education, substance abuse education, water safety, fire safety, bullying and character education, recycling, dental hygiene, sun safety, and domestic violence;
- Physical Education/Physical Activity Interventions – Take 10! Curriculum for elementary grades;
- Nutrition Interventions – TNCEP; *Go, Slow, Whoa!* programming; contracting a registered dietitian, Michigan Model in grades 7-9;
- Mental Health/Behavioral Health Interventions – Michigan Model in grades 7-9, various community speakers on depression and “cutting”, bullying addressed through each school counselor, and a community resource directory provided to school counselors and principals.

In such a short time, CSH in Alcoa City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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